

Meadowlark Notes

June 2016

Yeah! Yeah! Yeah! A Short History of the Beatles

THE BEATLES

The Beatles were, arguably, the most influential music force in the 20th Century. Join Rock 'n Roll Historian Peter Chase as he seeks to introduce (or reintroduce) this remarkable group through a short history that explores their origins and influences, and highlights their achievements through music selections, video clips, and lecture. Limit: 40

Tuesday, June 21
7:00 p.m. in the D/R

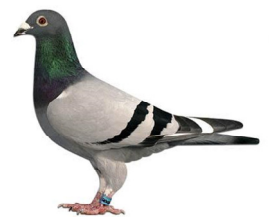


Marathon in the Sky: Racing Pigeons



“Marathon in the Sky” is the story of today’s racing pigeons, the role they played in two world wars, and much more. Join Pigeon Fancier Jay Taylor and other fanciers as they share their knowledge of and enthusiasm for these remarkable feathered friends. Jay will show a 15-minute film, discuss colors and breeding of pigeons, and show some live birds. Afterwards, head outside and help release some of these amazing birds. Limit: 40

Wednesday, July 22
1:30 p.m. in the D/R



Early Voting for Primary: May 21 — June 4 Mon.— Sat. 10:00 a.m. — 7:00 p.m.

Primary Election: June 7 7:00 a.m. — 7:00 p.m.



Classes held in rooms 4 and 5 will be moved or cancelled due to early voting for the primary election and election day, June 7. Check at the front desk or with the group leader for specifics.

The Division of Senior Services' Mission is to
“PROMOTE POSITIVE AGING”

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CLASSES WITHOUT FEES

Registration is not required for classes without fees unless noted in the newsletter. Participation is on a first-come, first-served basis.

Health & Wellness

High Energy Exercise

Because participants are permitted to register for three months at the beginning of each quarter, this highly popular exercise program is at capacity for the month of June. Registration for this class will reopen in July.

Low Intensity Exercise

For those who need to become more active. You may sign up for June. Limit: 30

Monday/Wednesday/Friday
June 6—July 8
No class on Monday, July 4
8:50-9:50 a.m. in the D/R
\$15 payable at registration

Zumba Gold

Zumba Gold is an exhilarating, Latin-inspired, easy to follow, low-impact, dance fitness party. It is designed for active, older participants. Limit: 35 Minimum: 10

Tuesdays & Thursdays
June 7, 9, 14, 16, 21, 23, 28, 30
7:45-8:45 a.m. in the D/R
\$13 payable at registration

Ageless Yoga

Stay flexible, maintain muscle strength and keep joint mobility. Classes include gentle movements, breathing practices, and relaxation. Bring a yoga mat and beach towel. These classes are open to those in generally good health. No prior experience is required. Limit: 15

Monday, June 13, 20 & 27
No class Monday, June 6
12:30-1:45 p.m. Rooms 4 & 5
\$23 payable at registration



Registration Process

- ◆ This month **Registration is Thursday, June 2** from 9:00-10:00 a.m. It will resume at 11:00 a.m. at the front desk. **Phone-ins will be accepted starting at 1:00 p.m.**
- ◆ Numbers will be given out at the Lobby Desk beginning at 8:00 a.m. on a first-come, first-served basis. Persons must be in line to receive a number. A list of names will not be accepted.
- ◆ You must show your current membership card to receive a number.
- ◆ A MEMBER can register for oneself and one other MEMBER, **no exceptions** allowed and the person registering must show **both** membership ID's.
- ◆ **Please Bring Correct Change. No large bills will be accepted.**
- ◆ Make checks payable to the *City of Rio Rancho*.
- ◆ If you are registered for a trip or activity and must cancel, please inform the front desk as soon as possible. Fees are non-refundable unless someone from the waiting list can take your place or the activity is cancelled by MSC.
- ◆ Registration is accepted 8:00 - 5:00 p.m., Monday through Friday following registration.

Attention:

Inclusion for special needs populations is standard for all Senior Services programs. If special accommodations are required, please inform staff upon registration.

Gentle Yoga

Class includes stretching and breathing in gentle yoga poses ending with quiet meditation. Bring a yoga mat, flat blanket, and a bottle of water. Must be able to get up from the mat. Limit: 15

Tuesday, June 7, 14 & July 5
4:00-5:15 p.m. in the D/R
\$23 payable at registration

Chair Yoga for Balance & Flexibility

This class offers poses while seated and standing to improve balance and flexibility. Learn breathing techniques to promote relaxation and to increase energy. Bring a bottle of water. Limit: 12

Wednesday, June 8, 15 & July 6
10:00 a.m.-11:00 a.m. in Room 4 & D/R C
\$23 payable at registration

Salsa Dance Lessons — No Fee

Connie Salus will teach you the basics of the Latin rhythms of salsa dance, cha cha and merengue. No partners needed. You'll have so much fun, you won't even realize you're working out! Registration starts at 9:00 a.m. on 6/2 at the front desk. Limit: 30

Thursday, June 9 & 23
9:00-10:00 a.m. in the D/R

T'ai Chi Chih

T'ai Chi Chih requires no special abilities. It circulates and balances the energy in the body, relaxes and energizes and brings peace and serenity. Limit: 15

Tuesday, June 7, 14, 21 & 28
5:30-6:30 p.m. in D/R
\$22 payable at registration
Must register by Monday, June 6 at 5 p.m.

Massage Therapy

Lower your blood pressure, improve your circulation, help cleanse your lymphatic system, and feel relaxed. Limit: 4 per day—sessions are 45 minutes each.

Tuesday, June 14
Thursday, June 23
9:00 a.m.-3:00 p.m. in Room 6
\$42 payable at registration



Meditation — No Fee

Meditation brings about mental calmness and physical relaxation. Some have called it "the gentle art of silence." Maya D'Antoni will guide you through this hour of self-healing. Limit: 10

Wednesday, June 8
9:00-10:00 a.m. In Room 2

Services & Support

Alzheimer Support Group — No Fee

Join the New Mexico Chapter of the Alzheimer's Association support group at MSC. This is for caregivers of loved ones with any form of dementia. No sign-up necessary. Limit: 10

Monday, June 6
10:30 a.m.-12:00 p.m. in the Card Room

Grief & Loss Support Group — No Fee

Open to all who are dealing with loss of dreams and hopes, divorce or loss through death. Limit: 10

Every Wednesday
10:30-11:30 a.m. in Room 8



Blood Pressure Screening — No Fee

Have your blood pressure checked free of charge by our volunteers that are retired medical personnel. You'll receive a record card for tracking your blood pressure and heart rate.

Monday through Friday, contingent upon volunteer availability.
9:30-11:30 a.m. in the Conference Room

Need Help Finding Resources? — No Fee

Susan Greenbaum will meet with you on a first-come, first-served basis to assist with, or provide referrals for, finding community resources for financial, housing, medical, social, and family issues. Sign up at the front desk. Limit: 6 per day

Monday, June 6, 13, 20 & 27
1:30-4:30 p.m. in Room 6

Medicare Benefits Counseling

No meetings at MSC until further notice. For information or assistance call: 1-800-432-2080

Rio Eyecare — No Fee

Rio Eyecare offers free, minor, eye glass adjustments or repairs. Limit: 6

Tuesday, June 21
10:30-11:00 a.m. in Room 6



Senior Citizen Law Office — No Fee

Meet briefly with an attorney on a first-come, first-served basis to discuss legal questions. Due to funding requirements, this program is designed to assist low to moderately low-income seniors. Sign up at the front desk. Limit: 15

Thursday, June 9
12:45—3:45 p.m. in Room 6

Financial Consultation — No Fee

Vicki Van Horn, MBA, Certified Financial Planner will discuss financial issues, tax issues, estate planning, investments and more. Sign up at the front desk for a 30-minute meeting. No products or services are sold. Limit: 6

Friday, June 24
1:00-4:00 p.m. in the
Conference Room



Albuquerque Hearing and Balance — No Fee

Carol Clifford, Au.D, CCA-A, FAAA provides complimentary services: electroacoustic testing, hearing screenings, hearing aid cleanings and repair evaluations. For more information call 890-0003. Sign up at the front desk. Limit: 12

Monday, June 27
12:00-1:30 p.m. in Room 6



Employment Assistance — No Fee

Are you searching for a job and need help on the computer with a resume, cover letter, applications or job search? Or would you simply like to brush up on your interview and presentation skills? Need help with starting a small business, networking or marketing? The 50+ Employment Connection, sponsored by The NM Aging & Long- Term Services Department, offers one-on-one assistance. Contact Patricia A. Corriz at patriciaa.corriz@state.nm.us or 505-629-7080 to schedule an appointment.

Monday, Wednesday or Friday
By Appointment
9:00-12:00 p.m. in Room 6

Computer Lab - One-on-one assistance:

Tuesday, June 7 2-6 p.m. Room 1
Tuesday, June 28 5-8 p.m. Room 1

Creativity Group:

Writers, artists, crafters, musicians! Attend a support group to discuss your artistic needs. Network with others and participate in building a supportive art community. Sponsored through the 50+ Employment Connection. Limit: 20

Monday, June 27
3:00-4:00 p.m. in Room 1

Arts & Crafts

Arts & Crafts Connection — No Fee

Join other artists and crafters to exchange ideas, meet new people, and share your talents. On Monday, June 6th, the Connection will create feather art. You'll glue feathers to greeting cards or colored paper to form patterns and, if desired, apply gemstones for accent. Several framed feather pictures will be shown as examples. Bring some supplies—scissors, clear glue, small gemstones, and feathers. Small frames have been donated. Limit: 12

Monday, June 6, 13, 20 & 27
12:30-2:30 p.m. in Room 2

Photo Policy

By participating in classes, activities, clubs, trips & other programs at MSC, you are agreeing to permit photos and videos to be taken and possibly published.

Beginning Crochet

Beginners learn to crochet with the basic chain stitch, master single crochet and double crochet. Bring a ball of worsted yarn in a light color, a G, H & I crochet hook, scissors, and a darning needle for yarn. No experience necessary.

Class is closed to new participants after June 6.

Limit: 7

Monday, June 6, 13, 20 & 27

9:30-10:30 a.m. in Room 8

\$2.00 payable at registration

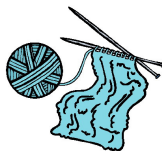
Beginning Knitting

Beginners learn this age-old art. Bring a pair of knitting needles and worsted yarn in a light color for the first class. Class is closed to new participants after June 6. Limit: 7

Monday, June 6, 13, 20 & 27

10:30-11:30 a.m. in Room 8

\$2.00 payable at registration



Icon Painting

Icon painting is using Greek and Russian icons as resource material. These were saints, seers, or political leaders painted on wood and hung in cathedrals. Participants will use acrylics to paint on various sizes and shapes of wood with beveled edges. A supply list will be provided at registration. Any questions? Call Instructor Dale Reid at 205-1279. Limit: 10

Wednesday, June 8, 15, 22 & 29

12:30-2:30 p.m. in Room 2

\$33 payable at registration

Computers/Technology

Using Your Digital Camera

Bring your camera with charged batteries and the instruction guide to learn some of the basic camera functions. Instructor: Pete Agrusa.

Limit: 8

Thursday, June 16

1:00-4:45 in Room 1

\$5 payable at registration

\$5 payable to instructor (no checks)

Working with Digital Pictures

Learn the basics of downloading pictures from your digital camera, organizing them on your computer or burning them to a CD. Learn how to edit photos with a Photo Editor and then print pictures with Windows XP.

Instructor: Pete Agrusa. Limit: 8

Thursday, June 23

1:00-4:45 p.m. in Room 1

\$5 payable at registration

\$5 payable to instructor (no checks)



Editing Digital Pictures

This course will use Arcsoft Photo Expressions to edit digital pictures including cropping, layers and other editing functions. Experience with mouse and keyboard functions required.

Instructor: Pete Agrusa. Limit: 8

Thursday, June 30

1:00-4:45 p.m. in Room 1

\$5 payable at registration

\$5 payable to instructor (no checks)

Open Computer Lab

Check your email, practice class lessons, or just browse the web. Open Lab sessions are a great way to improve your computer skills because practice makes perfect! A "helper" is available; however, this is not an instructional class. Space is limited.

Monday, Wednesday and Friday

9:00 a.m.-12:30 p.m. in Room 1

Activities

Open Discussion Group — No Fee



Join fellow MSC members for stimulating conversation on current events or anything of interest. Bring some provocative topics to get us talking. Limit: 16

Friday, June 3, 10, 17 & 24

10:00-11:45 a.m. in Room 5

Notice:

As of June 7th, Beginning Line Dance on Tuesday mornings is cancelled until further notice.

Comedy Cabana — No Fee

Join this fun group and practice your comedic talents—standup comedy, skits and magic. Contact Ronda Reed at scrrjr66@gmail.com or Lloyd at lloydfriedman@gmail.com. Limit: 15

Monday, June 13 & 20
2:00-4:30 p.m. in Room 5

Tweet! Build a Birdhouse

Yasmine Ortiz from Lowes will bring supplies and walk participants through the process of building a birdhouse in this two-session project. Participants will paint their finished houses in July. Limit: 8

Tuesday, June 14 (Session 1)
Tuesday, July 12 (Session 2)
1:15 p.m. in Room 8
\$2.00 payable at registration



Book Club — No Fee

Discuss great books with others who are passionate about literature. In **June** the group will discuss *The Glass Castle* by Jeannette Walls. In **July**, read a book about John Muir—your pick. Limit: 15

Tuesday, June 14
1:00-3:00 p.m. in Room 8

Astrology — No Fee

Learn how to read your own computer/astrological chart. This 4-week class covers the astrological signs and planets, the major aspects, astrological houses and personal planets. The instructor requires your time, date, and place of birth before the 1st class to produce your personal astrological chart. Call instructor Charles Flory at (505) 235-2396. Limit: 10

Wednesday, June 8, 15, 22 & 29
1:00-2:30 p.m. in Room 1

Geocaching — No Fee

Geocaching is a high tech form of treasure hunting. Join this group to discuss latest finds, most challenging finds, and how to hide your caches. Prior knowledge is not required, just a desire to learn and to have a good time! Limit: 15

Wednesday, June 15
10:00-11:30 a.m. in Room 5

Driver Safety

REGISTRATION IS REQUIRED. Please bring your driver's license and AARP membership card to the class if you have one. Snacks permitted. Sign up at registration. Limit: 40

Wednesday, June 15
1:15-5:15 p.m. in the D/R
\$15 for AARP members
\$20 for non-AARP members payable to the instructor (No credit cards accepted)

New Mexican Folk Social Latin Dance

Dance Instructor Frances Lujan will teach the fundamentals and fun of New Mexican and Latin Dance. Women must have a flared skirt, and both men and women must wear hard-soled shoes and comfortable clothing. No prior experience is necessary. Minimum: 10 Maximum: 20

Wednesday, June 8, 15, 22 & 29
6:30-7:30 p.m. in the D/R
\$30 payable at registration

Entertainment

Meadowlark Guitar Ensemble Concert

Enjoy a free concert by the Meadowlark Guitar Ensemble led by Norio Hayakawa. Come prepared for some really great music. Limit: 60

Wednesday, June 1
1:30 p.m. in the D/R



Meadowlark Wii Free Day

The sad news is -- the Wii Bowling spring season is over. The good news is -- here's a chance to try another Wii game -- "Just Dance." Follow on-screen choreographed moves set to classic dance tracks. Be with friends and get a little exercise while you're at it. Limit: 20

Thursday, June 2
1:15 p.m. in the D/R

Cowboy Poet and Joke Teller

Spend a delightfully witty afternoon with Cowboy Poet Leroy Lovato who will share poetry and humor at this lively literary event. Not to be missed. Limit: 40

Monday, June 6
1:15 p.m. in the D/R

Birthday Bash!

Celebrate June birthdays with cake, provided by Presbyterian Health Group, and entertainment by Monte Higgins. Come ready for some music that will make you want to swing. Your birthday doesn't have to be in June to join the fun!

Limit: 60

Monday, June 20
1:30 p.m. in the D/R
\$1.00 payable at the door



Movie: Academy Award Winning Film—*The Revenant*

A frontiersman on a fur trading expedition in the 1820s fights for survival after being mauled by a bear and left for dead by members of his own hunting team. Leonardo DiCaprio won Best Actor for his role in this harsh and absorbing drama which received 12 Oscar nominations. Rated: R (for violence, strong language, and brief nudity). Running time: approx. 2 hours & 36 minutes
Limit: 50

Thursday, June 23
1:15 p.m. in the D/R
\$1.00 payable at the door



Country and Western Music — No Fee



Enjoy toe-tappin' tunes on Fridays at 1:15 p.m. in the Dining Room. No performance on Friday, June 10.
Limit: 40

Speakers/Presentations

Master Gardeners — Residential Water Harvesting Basics

Save money, make efficient use of a valuable resource and provide your plants with water that is free of salts and other minerals often found in municipal water supplies. Master Gardener Joanne McEntire will discuss the "why" and "how to" of rainwater harvesting. Limit: 40

Tuesday, June 7
7:00 p.m. in the D/R

Bone Health Awareness and Screening

To kick off a series of osteoporosis and balance screenings at MSC, Charla Simpson of Albuquerque Cottonwood OsteoStrong Center will discuss prevention and treatment of osteoporosis. Sign up at the front desk. Limit: 40

Thursday, June 9
1:15 p.m. in D/R

Bone Density Screening:

Wednesday, June 15 in Room 6
9:30-11:30 a.m. Limit: 15

Balance Testing:

Thursday, June 30 in Room 8
9:00-10:00 a.m. Limit: 8

Deaf & Hearing Impaired Services

Learn about amplified telephones and other assistive equipment available to qualifying deaf, hard of hearing and speech impaired residents of New Mexico. In collaboration with Teltex, Shannon Qualls from the New Mexico Commission for Deaf and Hard of Hearing will discuss these and other aspects of the free Telecommunication Equipment Distribution Program. Limit: 40

Tuesday, June 21
1:15 p.m. in the D/R

Fishing in New Mexico

Ross Morgan of the New Mexico Fish and Game Department will share fishing opportunities in North West New Mexico and discuss the history of the Seven Springs Fish hatchery and day-to-day operations of Fish and Game in the Jemez Mountain region. Limit: 40

Monday, June 27
1:15 p.m. in the D/R



NM Japanese American Citizen League

Learning cultural back stories can help people better understand each other. Victor Yamada of the New Mexico Japanese American Citizen League will share the history of the League since the 1950s and discuss the WWII Japanese American containment sites in New Mexico. Limit: 40

Wednesday, June 29
1:15 p.m. in the D/R

Albuquerque Open Space

There are many fascinating events and activities available at open spaces in the Albuquerque area. Join Claude Maureen Vallieres of Albuquerque Open Space in a discussion of what constitutes open spaces and their locations nearby. Limit: 40

Thursday, June 30
1:15 p.m. in the D/R

Hikes/Trips/Outings

IMPORTANT TRIP INFORMATION

- Check-in on the east side of MSC.
- Van seating is first-come, first-served.
- All trips are weather conditions permitting.
- ***Please be sure to advise staff/volunteers of special needs such as walkers or wheelchairs during registration.***

FOR ALL HIKES/WALKS

- ***Park on the far south-east corner of MSC parking lot.***
- Wear layered clothing to adjust to changing temperatures.
- Bring a hat, sunglasses, at least a quart of water, an energy bar for short walks, and lunch for hikes.
- Rain gear is suggested.
- Hiking boots **ARE REQUIRED** for hikes!
- Hike leaders may make adjustments in the hike as needed.
- **Participants are required to stay together throughout the walk/hike.**

Symbol Legend

Extended amounts of walking during the trip.



Sack Lunch/Snack Recommended



Home pickup/drop off \$1 each way.
Available to Rio Rancho residents needing transportation for trips when Rio Metro is



Kirtland Air Force Base Air Show

Come watch the skies above Kirtland Air Force Base come alive at this celebration of the 75th anniversary of the Base. An open house will offer displays of military aircraft and vehicles, and the air show will feature spectacular flying demonstrations including the Thunderbirds. Food booths will provide a variety of refreshments at your own expense. Restrictions apply for entry to the base. Bring a photo I.D. and be prepared to re-board a shuttle. Limit: 12

Saturday, June 4
Depart MSC at 12:30 p.m.
\$6.00 payable at registration



Hike: Barley Ridge to Fenton Lake Overlook

Hike this woodsy trail (in the Jemez Mountain region) leading to a great view of Fenton Lake and the Valley. Elevation 8,700 Ft. Distance: 4 miles round trip. Difficulty: moderate to difficult with some tripping hazards. Limit: 12

Thursday, June 9
Depart MSC at 7:30 a.m.
\$9.00 payable at registration



Baseball Fever!

The Isotopes take on the Las Vegas 51s. Get into the spirit of the season, and come on out to cheer for our New Mexico team! Limit: 12

Friday, June 10
Depart MSC at 6:15 p.m.
\$15.00 payable at registration



Mid-day Munchers – Nick and Jimmy's

Nick and Jimmy's menu is influenced by diverse cultures including Italian, Greek, and Hispanic. Choices include green chili meatloaf and burgers, Philly cheese steak sandwiches, pastas, gyros, wood oven-fired pizza, spanakopita, moussaka, dolmades, green chili chicken lasagna, fish tacos, and much more. Vegetarian and gluten-free items also are available. Individual billing, major credit cards accepted, but no personal checks. Limit: 12

Sunday, June 12
Depart MSC at 11:15 a.m.
\$5.00 payable at registration



Trail Trekkers Light Hike: Willow Creek

Willow Creek (on the Rio Grande Bosque) offers wildlife habitat viewing locations, scattered benches, and an open classroom. Birds, rabbits, and other creatures inhabit the space. The trail is mostly packed dirt with some soft sandy areas. Bring a sack lunch, plenty of water, and (if desired) a camera. Closed-toed shoes or boots are a must. Absolutely no sandals allowed. Difficulty: Easy Distance: 1.7 mile loop Limit: 12

Monday, June 13

Depart MSC at 9:00 a.m.

\$3.00 payable at registration



Herb and Lavender Festival at El Rancho de las Golondrinas

Lavender and herb product vendors along with lectures and hands-on activities on all things lavender will be in abundance at El Rancho de las Golondrinas – “The Rancho of the Swallows.” Visit this one-of-a kind destination where the past comes to life. Limit: 12

Saturday, June 18

Depart MSC at 9:30 a.m.

\$9.00 payable at registration

\$6.00 payable at the door



Shidoni Foundry and Galleries and Picnic in Tesuque NM

Shidoni is an art gallery and foundry that encompasses 8 acres of sculpture gardens and a bronze art foundry. The indoor art galleries represent more than 140 artist from all over the country. Watch 2000-degree molten bronze being poured into ceramic shell molds. Bring a sack lunch and wear comfortable shoes. The self-guided tour lasts from 1 1/2 to 2 hours. Limit: 12

Saturday, June 25

Depart MSC at 10:30 a.m.

\$10.00 payable at registration

\$10.00 payable at the door



Hike: Pecos River Canyon

Explore this trail along a babbling river. What a way to spend a summer day! Elevation 8,400 Ft. Distance: 3.4 miles round trip. Difficulty: moderate to difficult. Hiking poles recommended. Limit: 12

Thursday, June 23

Depart MSC at 7:30 a.m.

\$11.00 payable at registration



Dinner Club — Bonefish Grill

Enjoy a variety of seafood dishes from around the world cooked over a wood-burning grill and served with the restaurant's signature sauces. Try the Chilean sea bass, Ahi tuna steak, or Atlantic salmon. Or perhaps grilled lamb chops, Lily's chicken with goat cheese, or rib eye steak. And how about Jen's Jamaican Coconut Pie? Individual billing, major credit cards accepted, but no personal checks. Limit: 12

Tuesday, June 28

Depart MSC at 4:15 p.m.

\$6.00 payable at registration



“The Pueblo Story” at the Indian Cultural Center & lunch at Pueblo Harvest Café

“We Are of This Place: The Pueblo Story” is a new exhibit representing all 19 pueblos and building on the Indian Pueblo Center's 40-year history of the Pueblo people telling their stories in their own voices. Come hear stories in Pueblo languages, interact with art and artifacts, and learn about the history and resilience of the Pueblo way of life. After a self-guided tour, dine at the Pueblo Harvest Café at your own expense. Limit: 12

Wednesday, June 29

Depart MSC at 9:30 a.m.

\$6.00 payable at registration

\$6.40 payable at the door

Play: The Whiteheaded Boy at the Adobe Theater

The Whiteheaded Boy can do no wrong. This boy gets the largest piece of pie, the choicest piece of meat, and his favorite meal whenever he wants. He is the “gifted one” of the family. The one whose inevitable fall to Earth is especially painful because it is so unexpected. Limit: 12

Sunday, June 26

Departs MSC at 12:15

\$18 payable at registration



Be Safer with Silver Alert

NOTICE TO CAREGIVERS: *Silver Alert* is a notification system sent out statewide when a person 50 years or older with dementia goes missing. The individual's basic information and photograph are downloaded to a flash drive and given to that person's caregiver for safekeeping. In the event the person is missing, the flash drive is given to the Rio Rancho Police Department and a Silver Alert is issued. The program is sponsored by the Rio Rancho Police Department, the Sandoval County Sheriff's Office, and the Meadowlark Senior Center.

Contact the front desk at 891-5018 for a Tuesday-morning appointment. No Fee.

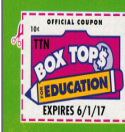
Billiards

The pool room is **open** to MSC members Monday, Thursday and Friday 8:00 a.m. to 4:45 p.m. Tuesday and Wednesday, 8:00 a.m. to 8:45 p.m. (The pool room is closed from 8:30 - 10:30 a.m. the first and third Tuesday of every month for pool table cleaning and maintenance.)

Please note: The Pool Room will closed at noon on June 10th.

Paid Advertisements

WANTED: Empty Ink Cartridges
Bring them to the front desk.
Meadowlark redeems them for office supplies
Thank you!



Box Tops for Education

MSC is collecting *Box Tops for Education* for Martin Luther King, Jr. and Rio Rancho Elementary Schools for school supplies. Drop off your clipped coupons in the container by the front desk. Thank you!

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MSC Hours of Operation

Mon. Thu. & Fri. 7:30 am - 5:00 pm

Tue. & Wed. 7:30 am - 9:00 pm

Business Office Mon.- Fri. 8:00 - 5:00 pm

891-5018

Ongoing Activities Available At MSC - No Registration Required, But Space May Be Limited:

Activity	Day	Time	Room #
Book Club	2nd Tuesday	1:00 - 3:00 p.m.	8
Basket Weaving Group At Capacity	1st & 3rd Tuesday	1:15 - 5:15 p.m.	2
Billiards	Monday thru Friday	8:00 a.m. - Close	Pool Room
Bridge (Beginner)	Monday	10:00 a.m. - 12:15 p.m.	D/R C
Bridge (Duplicate)	Tuesday	6:00 - 9:00 p.m.	5
Bridge (Contract)	Wednesday / Friday	12:00 p.m.- 3:00 p.m.	D/R C & 4
Bridge (Intermediate)	Every Tuesday	6:00 - 9:00 p.m.	D/R C
Bridge (Party)	Every Wednesday	6:00 - 9:00 p.m.	D/R C & 4
Canasta (Royalé 1)	Every Monday	1:00 - 4:00 p.m.	8
Hand & Foot Canasta	Every Wednesday	12:30 - 4:00 p.m.	8
Canasta At Capacity	Every Thursday	12:00 - 4:00 p.m.	5
Ceramics	Monday / Friday	8:30 - 12:30 / 1 - 4:30	2
Chess Group	Every Friday	1:00 - 4:30 p.m.	1
Computer Users Group	Every Thursday	9:30 - 11:30	1
Country & Western Music Group	Every Friday	1:30 - 3:30 p.m.	D/R
Cribbage	Every Friday	12:30 - 4:00 p.m.	5
Diabetes Support Group	2nd & 4th Wednesday	4:00 - 5:00 p.m.	5
Digital Camera Computer Group	3rd Wednesday	6:30 - 8:30 p.m.	1
Fishing Club	Every Monday	10:00 - 11:30 a.m.	4 & 5
Fly Tying	Every Monday	9:00 - 9:45 a.m.	D/R C
Genealogy	4th Monday	1:00 - 3:00 p.m.	1
iPad & Mac Users Group	Tuesdays	1:00 - 3:00 p.m.	1
Knitting & Crocheting	Tuesday/Thursday	9:00 -11:00 a.m.	3
Line Dance (Intermediate)	Monday	2:00 - 3:30 p.m.	D/R B
Line Dance (Intermediate)	Friday	9:30 -11:00 a.m.	D/R B & C
Mah Jongg	Every Tuesday	12:30 - 4:00 p.m.	5
Meadowlark Matriarchs	3rd Thursday	3:00- 5:00 p.m.	D/R
Memoir Presentation Group	2nd & 4th Thursday	1:15 - 3:15 p.m.	8
Memoir Writers Class	1st, 3rd and 5th Tues.	12:45 - 2:45 p.m.	3
Mexican Train Dominoes	Every Tue / Thurs	12:45 - 3:30 p.m.	4
Native New Mexico Club	3rd Thursday	9:15 -10:45 a.m.	D/R
Nostalgia Music, TV & Movies Group	2nd & 4th Tuesday	1:15 - 3:00 p.m.	2
Open Studio (Art)	Every Tuesday	8:00 - 10:50 a.m.	2
Oriental Brush Painting	Every Thursday	12:30 - 2:30 p.m.	2
Photo-Composition Group	1st & 3rd Monday	1:00 - 4:00 p.m.	1
Ping Pong Fun Play	Tuesday Wednesday Thursday	9:30 a.m.- 12:15 p.m. 3:00 - 5:00 p.m. 10:30 - 12:15/3:00 - 5:00	D/R C, 4 & 5 D/R B D/RC & 4 /D/R B
Pinochle (Intermediate, Single-Deck)	Every Tuesday	12:30 - 4:30 p.m.	D/R C
Pinochle (Double-Deck)	Every Friday	9:00 - 12:00 p.m.	8
Poetry	1st & 3rd Friday	1:00 - 3:00 p.m.	3
Poker (Men)	Tuesday and Thursday	11:00 a.m. - 4:30 p.m.	Card Room
Practical Guitar	Every Thursday	9:00 - 10:00 a.m.	5
Quilting	Every Wednesday	1:00 - 4:00 p.m.	5
Rio Rancho Stamp Club	1st & 3rd Tuesday	6:00 - 8:00 p.m.	8
Rock Hound Group	2nd Thursday	9:00 - 10:30 a.m.	4
Scrapbooking At Capacity	Every Tuesday	11:00 - 1:00 p.m.	2
SketchUp	4th Wednesday	6:00 - 8:00 p.m.	1
Spanish (Beginning)	Every Thursday	2:45 - 4:45 p.m.	2
Spanish (Conversational)	Every Thursday	10:00 - 11:30 a.m.	2
Spanish (Elementary)	Every Friday	9:00 - 10:30 a.m.	4
Woodcarvers	Every Friday	9:00 - 11:30 a.m.	2

Meadowlark Notes

A Publication of The City of Rio Rancho/Division of Senior Services
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**Charles
Schimke**

Thank you to our May Sponsors:

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Birthday Bash Refreshments:
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Wii Bowling Party Fruit Trays
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Hats for "Older Americans Rock"
Johnny Rockets (Cottonwood)

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At Large

Advisory Board
meetings are on the 2nd
Tuesday of each month
at 1:15 p.m. in the MSC
Dining Room.